



Weak stomach, constipation, nervousness, indigestion, flatulence, gas, belching, heartburn, acid, and a pit of gas boiling water, cover, and set off the stove. Take out in nine minutes; the whites will be the consistency of cream and partly digested. Don't change the directions in any particular.) Some fruit, cooked or raw, cooked preferred, a slice of toast, a little butter, four heaping teaspoons of Grape-Nuts with some cream, a cup of properly brewed Postum Coffee.

The Grape-Nuts breakfast food is fully and scientifically cooked at the factory and both that and the Postum Coffee have been tested by the U. S. Food and Drug (part) developed in the manufacture. Both the food and the coffee, therefore, are properly digested and will not cause indigestion, upset the balance of the food. Lunch also, the same.

For dinner, the evening use meat and one or two vegetables. Leave out the fancy desserts. Never overeat. Better a little less than a little more.

If you can use health as a means to gain success in business or in a profession it will well worth the effort. Health requires to sustain your diet to accomplish the same.